

# Creating an Environment for Studying and Completing Homework

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As we enter the latter part of the school year, we want our children to finish strong. This document will provide you with some ways to help make your child comfortable at home completing homework, projects, and studying for exams.

Want to make your family's after-school routine a little less stressful? A dedicated homework station is a must!

As your child(ren) have grown older and the workload has become heavier, a centrally located workspace can help reduce feelings of isolation, allowing them to spend time with the family as they work. A shared workspace can also go a long way toward keeping your teen safe as they begin to spend more and more time on the computer.

Of course, not everyone has a dedicated home office, but that doesn't mean you can't create an attractive and well-organized study zone for your family. Have a large living room? Consider dedicating a wall to a row of mini workstations. Tight on space? Why not convert an upstairs landing or hallway into a homework zone? You'll be surprised what you can pull together when you think outside of the box! You can go to <https://www.thespruce.com/perfect-study-environment-for-your-child-2504846> for some creative ideas.

## 1. Find an area in your home that has good lighting

Before you begin planning your workspace, make sure that you find an area in your home that has good natural lighting, like something near a window. "Bright natural light from a window is great, overhead or task lighting, like a desk lamp, work too," according to Learning Liftoff. The main thing is that your child doesn't have to strain to see their work.

## 2. Select a desk, table or another sturdy object to serve as your workspace

Some spare space on a table or an unused desk is a great place to start. The key thing is that a workspace is a place that the child can return to regularly with those items and their own computer, and be a cozy place for them to learn. "If you have space, a large table to spread out and work on projects or with multiple children is nice to have," writes Learning Liftoff.

## 3. Have seating that has strong support and is at the correct height

You'll want a sturdy chair to help keep your children focused, but also one that will feel comfortable. "Remember that good sitting posture is important, so try to provide a chair with good support, at the correct height for students to work comfortably," according to Learning Liftoff.

#### 4. Make sure the workspace is free of noise and distractions

Any toys, games or other items that might distract your child from their studies should be removed from the workspace. This is a place where you'll want your child to focus on education. You'll also want to consider if the location of the workspace itself will be free of noise or distraction before setting it up. Is the kitchen going to be a good place to have your child's workspace, or is there going to be a lot of noise and people walking around? Is the spare desk in the living room a good place to study, or will your child be distracted by family members watching TV? Keep these questions in mind when choosing your ideal location.

#### 5. Teach your child to keep the workspace organized and clutter free

Knowing where to put certain items and always making sure that the workspace is clean and organized is important to keep an effective workspace for your child. Keenly said that students can keep their area organized with "just a little bit of a habit, where after a student is finished with whatever they're doing at their workspace, then having that personal practice and discipline to spend a minute or two minutes and straighten up what's in that space." This will also assist with time management.

#### 6. Have something to keep your child hydrated

Having a cup, glass or some type of container for a student to regularly drink water or other hydrating liquids from is an important component to a child's workspace and their education at large. "As little as 1-2 percent dehydration is enough to significantly impair a student's thinking and their mood," Keeney said. "I think one of the most underrated parts of student experience and a student workspace is the availability of water for them to be able to access."

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A few suggestions to actively engage in your child(ren)'s an academic career

- Have your children to leave their homework open on the kitchen table or in their designated workspace – this will let them know that you have an interest in their work. You are not checking it for accuracy.
- Affirm your child(ren) at least 1-2 times a week. They need to hear that you love them and are proud of their efforts (even if they are struggling).
- Ask them questions about their school day:
  - o What did they learn in school today?
  - o Was there anything challenging that happened in school today?
  - o What was something exciting/good/new that happened today?
- When they want to talk, give them your complete attention.

#### Resources:

“How to create a comfortable, welcoming workspace for your child at home”

<https://abc7news.com/education/how-to-build-the-perfect-at-home-study-space-for-your-child/1475150/>

“20 Homework Station Ideas for Kids and Teens/ How to Create the Perfect Study Environment for Your Child”

<https://www.thespruce.com/perfect-study-environment-for-your-child-2504846>